

JULY 2004

Facets

F O R W O M E N

A conversation with

**jackie
norris**

**octagon auctions
friendship bag**

**mcfarland's
new softer
mammograms**

**summer
reading
list**



WELCOME TO

Facets

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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The Tribune
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FOR
women

women

on the move

If you know of a woman who should be featured in "women on the move", write to fwilke@amestrib.com.

Margaret (Marge) Becker has been hired by Youth & Shelter Services, Inc. as its part-time Community Resource Coordinator. In her new position, Becker will help coordinate fund development activities including YSS's annual Friends campaign, private fund raising (including in-kind donations) and several donor recognition events.

Becker has a B.A. in business administration with an emphasis in marketing from the University of Illinois. She has an M.A. in corporate communication from Duquesne University. She is a licensed foster parent and mother of three adopted children, and has worked with several YSS programs. "This job requires skills that I have and will develop further for the good of a terrific organization," Becker said. "I love YSS." ♦



Marge Becker

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The Main Street Cultural District... authentically ames

By Joyce Durlam

Those taking in the view on Main Street for the past two years have witnessed a renaissance in downtown Ames. Main Street has been the heart of this community since its inception. It has undergone many changes over the years, some very good, some challenging, yet ultimately beneficial. One thing that hasn't changed, though, is the passion that Ames residents have for their city center.

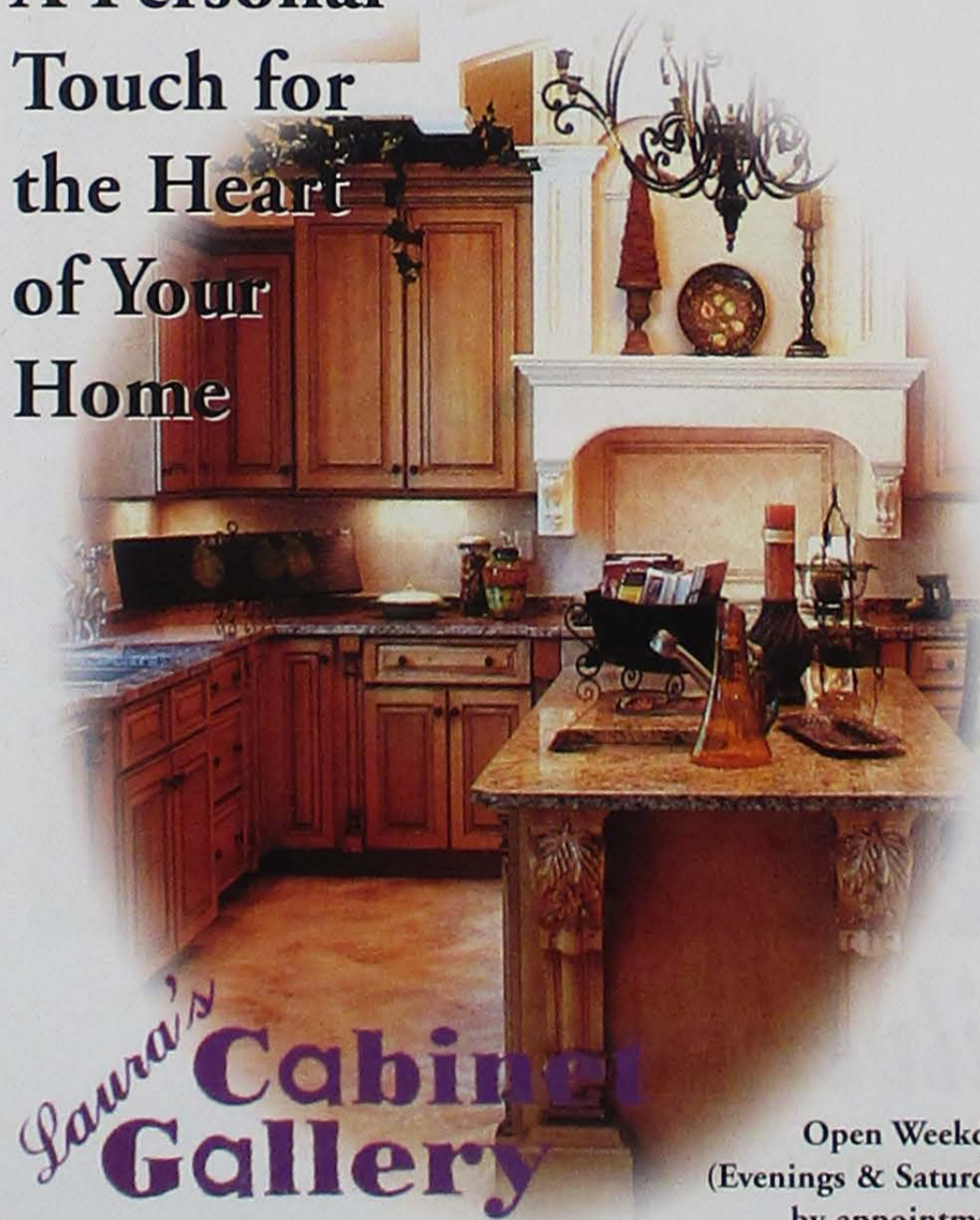
In 2000, the idea of creating a cultural district in downtown Ames emerged during the Ames Community Arts Council's Cultural Planning process and during community discussions called Ames 2020. It was decided that creating a cultural district was an ideal fit with the newly stated Vision for Ames that cited arts, culture and a sense of place as important civic cornerstones to maintain and enhance.

The group felt that there were numerous things that make Ames Main Street perfect for the concept of a Cultural District including:

- Historic architecture and depot adjacent to the historic residential district;
- Art center with resident artists, and studios;
- City auditorium, performing arts events and weekly bandshell concerts in the summer;
- Unique, locally-owned businesses and shops;
- Restaurants and nightlife;
- Weekly farmer's market;
- Public art, pocket parks & retail art galleries;
- Annual events like the Art Walk, Midnight Madness, FACES, Holiday Open House & Lights, Octagon Art Festival, Music

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the friendship bag

By Kathy Stevens

Executive director of the Octagon

The Friendship Bag is trimmed with bright pink, fluffy fringe. It has people dancing across the outside and hidden pockets inside that hint at the personality of a special friend. It's a bag that celebrates life and honors a treasured friendship.

Marilyn Stenberg has often used her creativity to craft purses for special friends and relatives or to match a special outfit. When one of her best friends, Beverly Wandling was killed in an automobile accident in New Mexico on April 8, Marilyn was devastated. When she attended the memorial service for Beverly, Marilyn stood up and talked about the fun they had had with friends and family, playing golf, traveling, laughing and crying together.

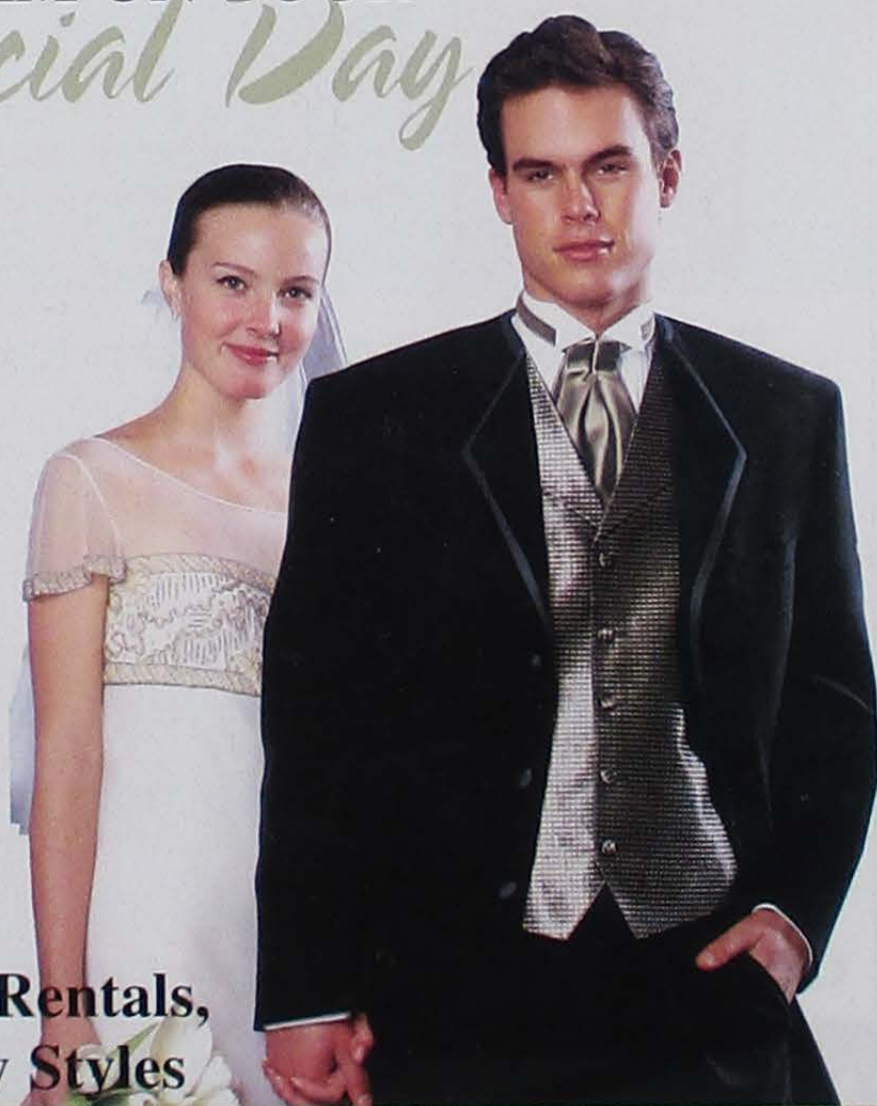
Around that time Marilyn was co-chair, of the

planning committee for the 24th annual benefit auction for the Octagon Center for the Arts, a non-profit organization in downtown Ames that offers classes, exhibits, a retail shop, and events. Beverly had been a supporter of the Octagon, having been elected to the Octagon Board of Trustees in 1989 and serving through 1994. She served as treasurer from 1991 until her retirement from the board.

Beverly also had contributed her leadership and organizational skills as chair of the Octagon annual auction. She set a record for the most successful auction at that time, and built the model for future auctions. So it was fitting that Marilyn decided to honor her friendship with Beverly by designing and sewing a friendship bag and donating it to the Octagon auction.

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- **The Friendship Bag** is trimmed with bright pink, fluffy fringe. It has friends dancing across the outside and hidden pockets inside that hint at the personality of a special friend. It's a bag that celebrates life and honors a treasured friendship.



The outside of the purse is striking, with the fluffy pink fringe, the dancers, and some sequins. But the real tribute is on the inside. New York is spelled out across the bottom, because Beverly loved her trips to New York. Beverly's picture and a message from Marilyn are printed on one pocket. The other pocket features drawings commemorating some of the activities the two friends shared.

This year the Octagon auction was held May 22 at the Hotel at Gateway Center. The gala event started with hearty hors d'oeuvres, a silent auction, and an evacuation of the 240 people in attendance because of threatening weather. The Stenbergs, Beverly's husband Donald, and many other friends were in the audience when bidding began on the Friendship Bag. The winning bidder was Deb Fennelly, who was the guest host for the event.

The final tribute to friendship was delivered by Fennelly — she gave the purse back to Marilyn, saying it really needed to stay with her. And so the value of friendships is told by the Friendship Bag. As Deb Fennelly understood so well, the vibrant colors and personal details immortalize the friendship between Marilyn Stenberg and Beverly Wandling. ♦

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taking the **itch** out of summer

By Charles Love, M.D.



You woke up itching this morning, and now there are red bumps and blisters forming on your legs and arms. You know you are in for a couple of weeks of misery—you have POISON IVY. You think back over your typical busy weekend. Where could you have possibly come in contact with poison ivy again? Was it the soccer game with the kids, the yard work, or was it camping with the family on Saturday night? Chances are, you never saw the three-leafed culprit that is triggering the extreme changes in your skin.

Poison ivy is caused by an intense allergic reaction to urushiol the sap found in poison ivy, poison oak and poison sumac. In Iowa we have abundant poison ivy (*Toxicodendron radicans*) and plenty of poison sumac, but no poison oak.

Poison ivy generally is described as a vine with shiny leaves in groups of three. The plant can be difficult to identify because it can grow as a vine, a shrub or as a low ground cover. The leaves are generally shiny but can be dull. The leaves are usually red in early spring and in the fall.

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After a person becomes sensitized to poison ivy, exposure to the sap will cause itching with breaking out in 24 to 48 hours. Without treatment, redness, blisters and itching will worsen over the next several days and will reach a peak within seven days. By two to three weeks, the reaction will fade and the skin will heal.

The most common misconception concerning poison ivy is the belief that the blister fluid will spread the reaction to other parts of the body or to other people. But once the skin is washed with soap and water, there will be no chance of spread. The blister fluid does not contain the urushiol sap. The reason the rash appears to spread from one place to another is that areas of skin that were exposed to smaller quantities of the sap will take longer to break out than areas that received a larger dose of the sap.

Treatment is based on the severity of the reaction. For mild cases, calamine lotion, cooling baths or over-the-counter hydrocortisone cream can be effective. To better control the itching, Benadryl pills can be helpful. In my office, I treat more severe cases of poison ivy with prescrip-

tion cortisone creams that are stronger than those that are available without a prescription. The combination of prednisone pills and a cortisone shot is the most reliable way to make a person comfortable, usually within 48 hours of treatment. Oral anti-itch medication is also helpful.

Prevention is the most important aspect of poison ivy information. Learning to identify the offending plant is very important (see photos). Wearing long sleeves, long pants and gloves when working outdoors can be helpful in prevention. Washing off the skin as soon as possible after possible exposure can lessen the severity of the reaction. The sap can remain active on clothes and pets for long periods of time so it is important to wash your clothing or your pet after suspected exposures. Ivy block (available in pharmacies) can be of some use if applied before exposure. There is currently no FDA approved allergy shot available for poison ivy.

Leaves of three let it be—
or you might need to see me. ♦

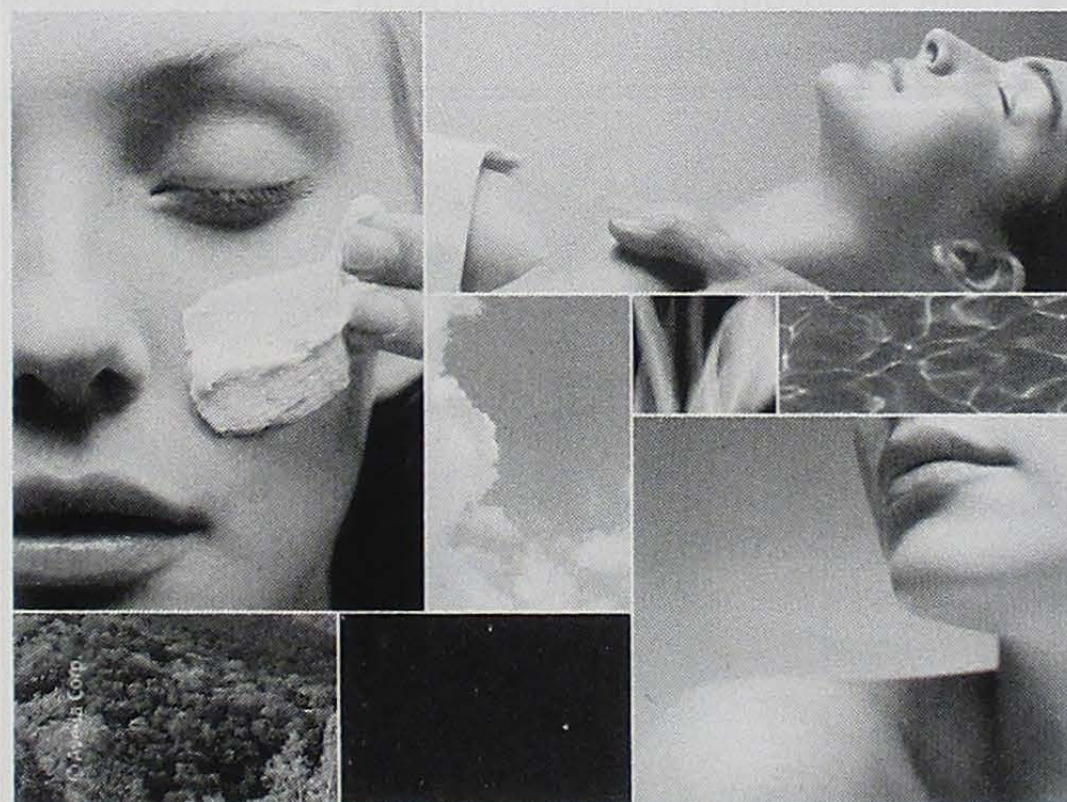
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PHOTOS AND STORY BY **Frances Wilke**

A conversation with jackie norris

Jackie Norris understands the word balance. As a part time teacher at Ames High School and mother of 10 month old twin boys Hunter and Cole, you could say she is a teacher 24/7. Add being married to John Norris — national field director for democratic presidential candidate John Kerry — and we can tell you Jackie knows how to manage her busy life.

Q. Looking at this year's crop of students, did they ever ask a question that you couldn't answer? What was it?

A. Couldn't answer or shouldn't answer? I learned on my first day of teaching that I would be asked lots of questions that I wouldn't know the answer to. My canned response is "I don't know, but I'll find out!" On some days, my list is very long! It's fun, yet overwhelming to know there is so much to learn. But I think the most difficult question I get asked as a government teacher is "why should I care?" That is a difficult question to answer and quite honestly, I don't feel I should have to answer that. Caring isn't something you can take notes on and regurgitate back on a test. Caring comes from within. Caring about the future of our country and the direction it is taking, caring enough to vote and get involved in electing the leaders of our country and caring about the health of our local communities — those are things I hope students will be exposed to in my class.

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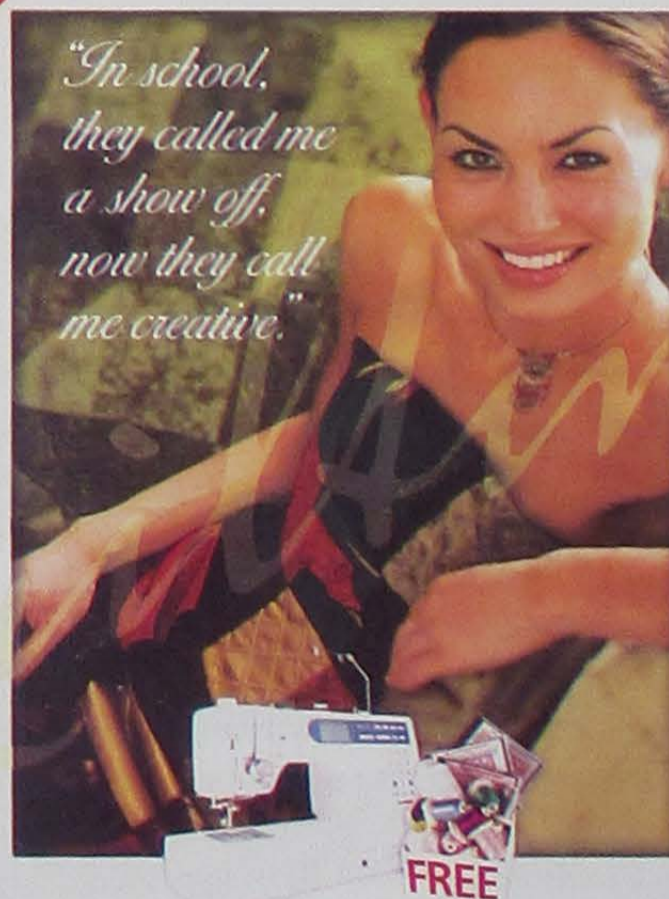
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Q. What did your students teach you?

A. You hear so much about voter apathy and about Generation Y and their lack of involvement in their communities. You hear that they don't care. Well, I saw first hand that young people do care – more than they are given credit for. Whether it was the students who attended city council meetings “just because,” the students who participated in mandatory service learning activities and then voluntarily continued their volunteer projects, the students who protested for an issue, the students who volunteered on presidential caucus campaigns....and the list continues. We live in a very complicated world – much different than when I was in high school in the '80s and completely different than when my parents were in school. I don't think the problem is that kids don't care, I think they don't know where to start. Our world is more overwhelming and complex with many societal problems – it's easy to shut down.

Q. Given that your husband has a major role in the Kerry presidential campaign,**what will you be doing for the summer break?**

A. I am excited and scared about this summer. I am excited to watch my sons Hunter and Cole grow. At nine months I feel like every day they grow and change and I can't wait to spend every day with them. They are at such a neat age. I'm also kind of scared to be alone with them – isn't that funny? Parenting is a lot of work and it will be more difficult with John working on the Kerry campaign in DC. But our desire to make “the world a better place” makes the time away a lot easier to handle. This summer will include trips to Colorado, the pool and most importantly as a delegate to the Democratic National Convention in Boston.

Q. Some of your students may put on a soldier's uniform this summer. How do you feel about that? Did you talk about the idea of a possible draft in the classroom?

A. This is a question that hits home. As a mother of twin sons and a teacher of 17-18

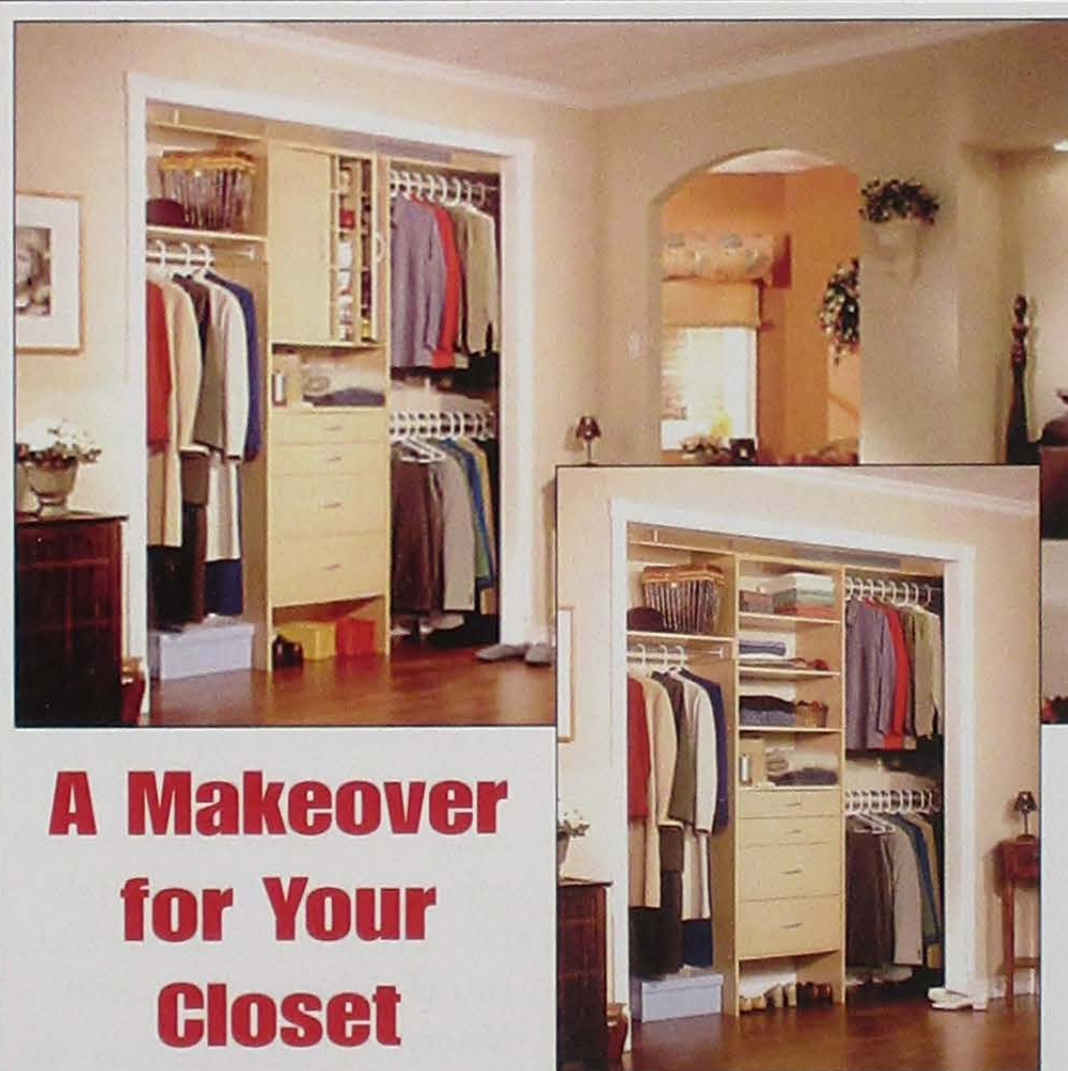
year olds, not a day goes by when I don't look at my sons and ask what will their life be like? Will they be safe? Our students are scared about the situation in Iraq and we talked about it often in the classroom. The d word - draft - has come up in our classroom discussions. Most kids want to know how it would work and if it could happen. We discuss legislation that has been introduced regarding this topic and whether or not it can or will take effect. In teaching U.S. history, we do an exercise where I show students the lottery chart used for Vietnam and I ask the male students to look at their birth date and tell us what their lottery number was and if they would have been drafted under the parameters set by the draft board back then. I ask them to tell me how they would feel, how their parents might react, what their friends would say. It gives them one brief glimpse into what that period of time was like. Discussing the draft certainly brings a greater appreciation of the consequences of decisions to go to war. It certainly helps to frame the issue and put things into perspective. ♦

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know the costs of buying a home



Amy Juhnke

Director of marketing and public relations,
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You have probably heard all the arguments for buying a home vs. renting...and everything you heard is probably true! However, when you consider buying a home, prepare yourself by looking at the big picture. Closing costs, insurance, inspections and taxes can add up. While these costs are manageable, it is best to have an idea of the total cost when you start budgeting for the purchase of a home.

When comparing mortgage rates between financial institutions, be sure to get what is called a "good faith estimate of closing costs" from each institution. Remember to keep the estimate of the lender you choose and compare it to the actual closing costs on the closing date. You should also ask about any other fees, such as brokerage and application fees, which some lenders charge. An unscrupulous lender may intentionally leave these costs out when quoting rates and closing costs.

Closing Costs

When you close on a home mortgage, you are responsible for the down payment and closing costs, payable on the date of closing. What exactly makes up closing costs? The most common include:

APPLICATION FEE: Charged by some lenders for the initial costs of processing your loan request.

LOAN DISCOUNT FEE (POINTS): This pre-paid finance charge would apply if you purchased a discount to "buy down" the interest rate of your loan.

APPRAISAL: This is a fee that is paid to a professional appraiser, who verifies the value of the home is equal to or greater than the sale price.

CREDIT REPORT: This fee covers the cost of gathering your credit history.

FLOOD CERTIFICATION FEE: This fee covers the research to determine whether or not the house is in a flood plain.

UNDERWRITING FEE: This fee covers the costs to determine your ability to pay back the loan.

ABSTRACT OR TITLE SEARCH: An

abstract search verifies that the seller owns the property and has a good title that may be sold.

TITLE EXAMINATION: An attorney examines the abstract and prepares an opinion or summary as to whether or not the title may be sold.

ATTORNEY'S FEES: This fee is typically paid by the seller for the preparation of the warranty deed. (A warranty deed transfers ownership of the property)

TITLE GUARANTY: This one-time fee buys insurance that helps to protect you from future challenges by others on the title of the property.

RECORDING FEES: This fee covers the filing of your mortgage, deed, and any other recordable documents at the courthouse.

ORIGINATION FEE: Some lenders may charge this commission fee.

SURVEY: A professional survey establishes the boundaries of

the property for sale.

PEST INSPECTION: This is a service you may have done to check for pests that threaten the property, such as termites.

OTHER: These may include fees assessed by your Realtor, their agent or vendor, or a charge associated with the transfer of funds from you to the seller. Verify the necessity of these fees.

PREPAID INTEREST: Since your first mortgage payment will not be due right away, you prepay the interest due for the period between the closing date and the first day of the following month.

MORTGAGE INSURANCE PREMIUM: If you take out a loan for more than 80 percent of the value of the property, your lender will require private mortgage insurance (PMI). You pay this premium until the percentage drops to 80, or as specified by your lender. (PMI is an

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HAZARD INSURANCE PREMIUM:

This is your homeowner's insurance, which is required by all lenders. You will typically pay the first year's premium up front.

PROPERTY TAXES: These are the applicable taxes payable on the property.

EARNEST MONEY: This will actually appear on your closing costs as a credit. Generally, when you make an offer on a home you must also submit earnest money, which is deposited into an escrow account. If the offer is accepted, the money is usually credited toward closing costs. If the offer is rejected, the check will be returned to you, pending certain restrictions.

There also are expenses after the purchase of a home to consider. For example, if you are currently renting an apartment, purchasing

a home could add expenses you are not accustomed to, such as:
Moving costs
Trash collection

Higher utility bills (Natural gas and electricity consumption will increase with additional square footage in your living space)

Additional utility bills, such as water and sewer

Neighborhood/association dues (Though it is rare in this area, some neighborhoods may assess an annual fee for upkeep and maintenance)

Lawn care equipment

Additional furniture or decorating

Once you investigate all of these costs, you will be prepared to move on to the fun part.

Avoiding surprises in costs and fees will make your home-buying experience so much more enjoyable, and affordable too!

If you would like more information on buying a home, there are

countless resources on the internet and available through the mail. While none of the following organizations are endorsed by the Greater Iowa Credit Union, here are some useful sites:

<http://www.hud.gov>

<http://www.mortgage101.com>

<http://www.consumers-info.org/mortgage/>

http://www.creditunion.coop/download/pers_fin_homeown.pdf

<http://www.mtgprofessor.com/>

<http://ourfamilyplace.com/homebuyer/>

In addition to helpful information, most of these sites will offer calculators to help determine mortgage payments. If you would like a free copy of "Your Path to Home Ownership," a financial guide for potential homebuyers (published by the Credit Union National Association), you can email me at ajuhnke@gicu.coop. ♦

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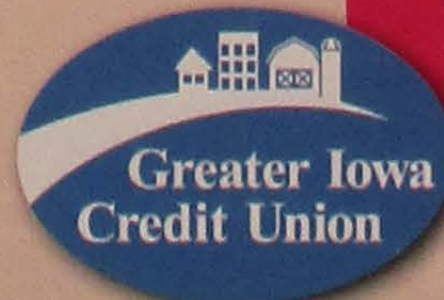
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your say

Have Friends, Live Longer

By Fern Kupfer

Every Friday afternoon at 4:30, I go to Friday Club. We've used different names for this gathering: Friday Club, Beer, Friday's. My kids call it "your women's group"; my husband, "The Ladies." I'm one of the longer-term members, 20-something years now. It was started by Priscilla and Jane, along with a few others who have since moved away. New women have come and taken their place.

It's hard to explain what

Friday Club is. It started because a small group of writers and artists who also had young children at home wanted to meet for some adult conversation. We were feminists, but we were not about "consciousness raising." We talk about our work. We also talk restaurants. And children and the state of the world. There's some male-bashing, to be sure. We often spend time discussing nature vs. nurture, the differences between "them" and "us." There's a lot of

head shaking about militarism and patriarchy and perversion. But most of us are married to nice men whom we like a whole lot.

Over the years, Friday Club has contracted and expanded. Now not everyone writes or makes art. We have university professors and stay-at-home moms. We have retirees. We talk about tempestuous teens as well as the benefits of long-term-care insurance.

Eight to 10 women reliably

appear on any given Friday. We meet at someone's house. We sit in a circle and are served beer, wine, tea, a loaf of good bread, cheese, olives, and occasional pate. One of the rules is "one conversation at a time." This was instituted—by me—years ago when there were a number of women who sometimes broke off into side conversations. I found that annoying and said so. The others agreed. Now when a member talks "to the side," someone always looks

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to me to rein her in.

Some of the women are talkers; some are quieter. But Friday Club is pretty democratic and whoever wants the floor can get it. When people are ready to go home—usually around seven—someone calls out: “my house next week.” Some of the women in Friday Club also are my close friends. A few I see only on Friday afternoons.

Because no one gets through life entirely unscathed, we’ve all had “stuff”: a divorce, a diagnosis, a kid who’s gone to rehab. We’ve lost siblings, parents, jobs. For all of us, the dependable companionship of Friday Club over the years has been both a solace and a source of joy.

So it’s a comfort to read a scientific study that tells you what you already know, when “science” backs up ordinary common sense. There’s research from the University of California at Los Angeles showing that women who hang out with other women, who “tend and befriend” in social relationships, have reduced stress levels and reduced risk of chronic disease. Moreover, “female affiliation” may even be on reason women consistently outlive men.

It’s about hormones, again. A good thing this time. Just when we thought our hormones were doing us in with PMS and postpartum blues and menopausal insomnia, this study suggests that women respond to stress with brain chemicals that cause us to make and maintain friendships with other women. The hormone oxytocin—which encourages women to commune with each other—is released,

counteracting the “fight or flight” experience of stressed males. And the more “befriending” women do, the more oxytocin is released—and the more stress is reduced.

Laura Klein, a bio-behavioral scientist at Penn State University, explains it this way: “The calming response doesn’t occur in men because testosterone—which men produce in high levels when they are under stress—seem to reduce the effects of oxytocin. Estrogen seems to enhance it.”

Makes sense to any woman who knows how awful it feels to be alone with a secret. How awful it feels to be alone with a fear. While men who are on the edge of a nervous breakdown too often pick up a drink or a gun, women are likely to pick up a phone and make a lunch date.

This study also shows how social affiliation reduces our risk of disease. How the company we keep can actually lower our blood pressure and our cholesterol. “There’s no doubt,” Klein says, “that friends are helping us live longer.”

Not to mention how much more we know as a result of solid social ties. For example, I learned about this study because it was e-mailed to me by one of the women in my Friday Club. ♦

Fern Kupfer is a professor at Iowa State University and longtime Ames resident. Until February she had been a regular columnist for Newsday for more than a decade.

This article was previously published in Newsday and reprinted with permission of the author.

Food Bites

No food screams summertime quite like stone fruits and berries. Peaches, nectarines, cherries, plums, strawberries and apricots are ripe and waiting on the grocer's shelves. What can you create with all this bounty? Let us count the ways. Don't forget to sprinkle a bit of lemon juice to keep the fruit from going brown.



PHOTOS AND STORY BY Frances Wilke

Chiropractic Care for Women

As one of the few female chiropractors in the area, Dr. Galvin understands the special benefits chiropractic care can have for women. Some of the areas where chiropractic care may provide women relief are:

- Menstrual and Premenstrual Pain
- Menopause
- Headaches and Migraines
- Back and Neck Problems
- Carpal Tunnel Syndrome
- Pregnancy
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Grill fruit halves dotted with butter and drizzled with honey or sprinkled with muscovado sugar. Serve topped with sliced pistachios and with whipped cream or crème fraîche.

Make a golden fruit salad with apricots, yellow peaches and nectarines, macerated with a little sugar and sparkling white wine.

Or try a red fruit salad with plums, cherries strawberries and nectarines. Make a red-wine syrup with 1/2 cup sugar and one cup red wine, boil till the mixture is reduced, cool, pour over the fruit and serve.



It wouldn't taste like summer without America's favorite, a dish of ice cream.

Strawberry Ice- Cream

- 2 quarts of strawberries
- 6 egg yolks
- one cup of sugar or more if the berries aren't fully ripe.
- 1 quart of thick cream
- 1 tablespoon of lemon juice

Hull the strawberries and puree in a blender, set aside. In a large bowl beat egg yolks with sugar in the bowl. In a saucepan, bring the cream to the boil. Pour a little into the egg mixture and whisk together. Don't add too much or you will curdle the eggs. Return the mixture to the hot cream and cook over a low heat, stirring constantly, until the mixture coats the back of a spoon. Strain into the pureed strawberries and mix together. Add lemon juice and taste for sugar. The mixture should be very sweet as the frozen ice cream loses sweetness and flavor. Chill in the refrigerator, then freeze in an ice-cream maker. Don't expect leftovers. ♦



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'stargazer' lilies

look and smell heavenly

Linda Naeve,
*Extension Coordinator,
Reiman Gardens*

One of the benefits of a flower garden is the fragrance and beauty you can bring inside your home with your own supply of fresh cut flowers throughout the summer. This week's Reiman's Pick, 'Stargazer' lily, is one of the most spectacular cut flowers you can grow at home and one of the most expensive if you were to buy them from a florist.

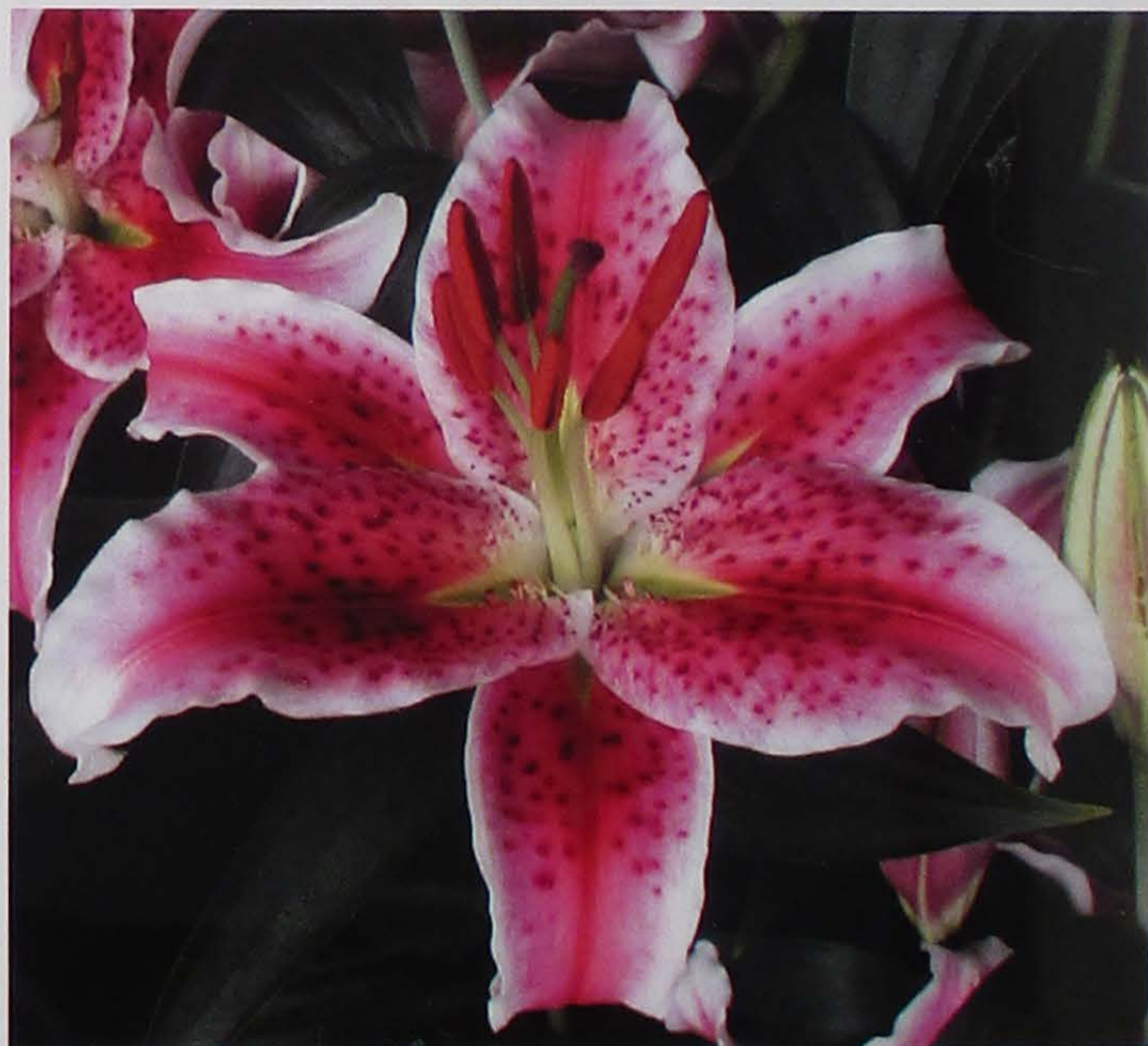
The 'Stargazer' lily is the most popular of the Oriental type lilies, and easily outperforms other lilies. For example, the blooms of these lilies are larger and more fragrant than those of Asiatic lilies; Oriental lilies also grow taller and bloom later in the sum-

mer than Asiatic lilies.

'Stargazers' produce six to nine large blooms - often 6 to 8 inches in diameter - on the ends of two to three-foot tall stems. The flowers open over a two-week period with satiny petals that are deep crimson-pink with white margins. The sweet fragrance of a 'Stargazer' lily is so strong it quickly fills a room.

The 'Stargazer' lily was introduced in 1978 by Mr. Leslie Woodriff, an independent lily grower and breeder. He named it 'Stargazer' because of its large, upward-facing blooms. Within 25 years, it became the most popular lily in the world and is used extensively by the floral industry in flower arrangements and bridal bouquets. 'Stargazer' set the stage for many of the beautiful lilies we enjoy today.

One would think a plant this spectacular would be difficult to



'Stargazer' lilies add spectacular beauty and fragrance in the garden and as a cut flower inside your home. Each stem yields six to nine large, six-inch diameter blooms. The bulbs of these popular Oriental lilies are easy to grow when planted in early summer or fall in a sunny, well-drained location.

grow, but to the contrary, it is not difficult to add this lily to your garden. 'Stargazer' is hardy in USDA hardiness zones 4 to 9. It requires a location that receives full sun and has a well-drained soil. Bulbs of hardy Oriental and Asiatic lilies should be planted in the fall or early summer. Companies that sell lily bulbs have given them the required cold treatment necessary for flowering so they will bloom the first summer after planting.

For the best effect in a border garden, plant 'Stargazer' lilies in the middle or back of the garden in groups of five bulbs. Plant the bulbs four to six inches deep and eight to 12 inches apart. Since lilies are a tasty treat for rabbits, plant them among other perennials that aren't bothered by rabbits, such as purple coneflowers and oriental poppies.

Although the stems are fairly strong, it is a good idea to stake

them once they reach the height of a foot or above to provide extra support for its heavy flower load.

If you can sacrifice the beauty 'Stargazer' lilies add to your garden, cut them to enjoy indoors. Never remove more than the top half of the stem to preserve the foliage needed to replenish food reserves in the bulb. Immediately after cutting, remove the yellow, pollen-laden anthers in the flowers. This will allow the blooms to last longer and will avoid pollen stains on clothes and tablecloths. Allow the stems left in the garden to continue growing through the remainder of the season.

You can see 'Stargazer' lilies in the lovely garden display in the conservatory at Reiman Gardens. Whether in the garden or a vase, they provide a sensory treat with their beautiful blooms and intoxicating fragrance. ♦

What do we read next? Suggestions for Book Groups

By Janet E. Klaas

The book I read last month for my book group, *Middlesex* by Jeffrey Eugenides, got me to thinking about how I really love this particular type of fiction writing. So I decided that I would write this column about some exemplars of what I will call not historical fiction, but "fictionalized history." Historical fiction has a long tradition of imagining how particular events transpired. Real historical characters are given dialogue and partake in scenes with other historical characters, reenacting actual events. This is not quite what "fictionalized history" does. Rather it tells stories of imagined characters living in real and interesting times; and, as we all know, it is not easy to live in interesting times. Often, these imagined characters interact with real historical personages and witness or partake in cataclysmic, paradigm-shifting happenings. This type of literature usually makes interesting grist for the book group mill; however, to be successful authors in this genre have to be not only talented storytellers, but also meticulous researchers. The following writers exhibit both of these qualities.

E. L. DOCTOROW

Ragtime (1975) Shortly after we moved to Ames, I heard Doug Brown read this wonderful book on WOI's Book Club. I had never experienced a book like it before. This was really my introduction to fictionalized history. It is set in America at the turn of the last century and tells the stories of three remarkable families whose lives become intertwined with the likes of Emma Goldman, J. P. Morgan, Sigmund Freud, Admiral Peary, Emiliano Zapata, Harry Houdini, Evelyn Nesbit and Stanford White. It may be fiction, but you come away from this with a lively understanding of the times.

The Book of Daniel (1971) Having read *Ragtime*, I was hungry for another Doctorow book. The imagined central figure of this one is Daniel Isaacson, whose parents, the very real Ethel and Julius Rosenberg, had been executed for treason during Eisenhower's presidency. The book is about the beautiful and terrible feelings of childhood, the nature of guilt and innocence, and the relation of people to nations.

The Waterworks (1994) Set in 1871, post-Civil War New York, where maimed veterans beg in the streets, newsboys fight for their corners, and the Tweed Ring runs things for its own profit. New technologies transport water to its reservoirs and locomotives thunder down its streets. Young Martin Pemberton, walking down Broadway, sees in a passing horse-drawn omnibus several old men in black, one of whom he recognizes as his supposedly dead and buried father. Mystery ensues!

PAT BARKER

Regeneration (1991), *The Eye in the Door* (1993), and *The Ghost Road* (1995) These are a trilogy of some of the finest writing about World War I and its effect on Great Britain I have ever read. *Regeneration* begins in the summer of 1917 when war has turned Europe into a charnel house of senseless slaughter.

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The poet Siegfried Sassoon, a highly decorated combat officer, has written a public letter disavowing the war. Only his connections with the higher echelons of government prevent his imprisonment. Instead he is found to be "mentally unsound" and is confined in Craiglockhart War Hospital in Edinburgh where a psychiatrist, William Rivers, works to "cure" the shell-shocked. The relationship between the two men becomes a parable of the struggle between social responsibility and individual conscience. In Craiglockhart, we also meet many other characters, both real and imagined, whose stories continue through the other two volumes of the trilogy. *The Ghost Road* won the prestigious Booker Prize.

GERALDINE BROOKS

Year of Wonders (2001) Inspired by the true story of Eyam, a village in England during the bubonic plague of 1666, Brooks examines the collision of faith, science, and superstition at the cusp of the modern era.

ANDRE DUBUS III

House of Sand and Fog (1999) A perfectly-crafted tragedy in the Aristotelian sense of the word. It is the story of people whose very natures predicate the outcome of the novel's end. Massoud Amir Behrani, a former colonel in the Shah of Iran's air force, lives in exile with his wife and son near San Francisco. He works on a road crew by day and as a deli clerk by night. At an auction he uses his savings to buy a bungalow seized for non-payment of taxes. When the previous occupant, a recovering drug addict Kathy

Lazaro, appears with a legitimate claim for repossession, Behrani's plans begin to unravel and with them his tightly controlled façade of composure.

MICHAEL CRICHTON

The Great Train Robbery (1975) A wonderfully entertaining account of the 1855 crime always referred to in England as "THE GREAT TRAIN ROBBERY" or "THE CRIME OF THE CENTURY." It is also an account of the country as it changed from largely rural Georgian England into Victorian England, the first urbanized and industrialized society on earth.

JEFFREY EUGENIDES

Middlesex (2002) Winner of the Pulitzer Prize for Fiction, this is a lively first-person account of three generations of family history, beginning in the late summer of 1922 in Turkey. The narrator's grandparents are forced to flee the country as Turks ravage the Greek settlements. There is a wrenching account of the destruction by fire of the entire city of Smyrna. The novel then follows the refugee couple's trip to the U.S. and their lives in Detroit. One especially fascinating part of the novel is the grandmother's encounter with the Nation of Islam in the 1940s. Following the race riots of 1967 in Detroit, the narrator's parents move to the upscale suburb of Grosse Pointe to a street called Middlesex and the narrator begins to have some problems which are portended in the street's name. This is really a wonderful read. ♦

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the main street district...

(continued from page 5)

in the Park, Bandshell Concert Series, Parade Celebrations, Public Library Symposiums, City Auditorium concert series and 3 on 3 basketball tournaments; and

- The library, community center, gymnasium and local museum

A group of very dedicated individuals from the Ames Community Arts Council headed by Kathy Svec approached the members of the Ames Main Street District with their vision and the Main Street Cultural District was born.

Since the Ames Main Street District officially became the Main Street Cultural District in January of 2004, many exciting things have been happening. There is more enthusiasm for downtown Ames now than many of us have ever seen. Rarely does a week go by without a story or editorial about the district. The City Council called a special meeting to discuss our strategic plan and the city has committed an unprecedented \$60,000 over the next three years to our organization. The Ames Economic Development Commission is working jointly with the Main Street Cultural District and the city to proactively recruit businesses to fill empty storefronts and assist building owners in restoration projects.

A task force comprised of the Story County Master Gardeners, cultural district members, the Ames Foundation, the city and representatives of private landscape firms is working on "Project Greenspace", to enhance the cultural district with annuals and perennials.

The cultural district promotions committee is organizing a summer concert series called "Tune in to Main Street". The series will feature live music in Tom Evans Park every Thursday from 5-7 p.m. from June through September!

Many other projects are in the discussion stages. None of these things happened on their own. They are a result of countless hours of planning and effort on the part of the volunteers that want to make Ames the best that it can be.

A primary goal of the cultural district is about to be achieved. We will soon begin the search for a full-time, paid staff person. The Main Street Cultural District Director will work on Main Street, attend daily to district needs and provide a central location for information. Regular, unified advertising will promote and enhance the special atmosphere of downtown making it a destination spot.

Something will always be happening in the district. Downtown is "The Place" to eat and stroll, browse and buy, enjoy parks, watch trains, attend a concert, see an art or historical exhibit, enjoy story-time at the library and much, much more!

So join us in the district. See your neighbors. Make new friends. Many metropolitan areas are trying to recreate what we already have. Membership opportunities are available for businesses as well as individuals and families. For information on how you can be involved in the Main Street Renaissance, contact Kori Heuss at the Ames Chamber of Commerce at 232-2310.

Together, we can continue to build a legacy for generations to come. ♦

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softer mammograms

Now Available at McFarland Clinic

By: Laura Ceretti,
McFarland Clinic Public Relations Assistant

There is an overwhelming amount of evidence that reports a regularly scheduled mammogram is a woman's best weapon to fight breast cancer. Despite the necessity of this procedure, nearly 40 percent of American women don't get mammograms as often as recommended.

Studies have shown that fear of pain and discomfort are the key reasons many women do not return for their annual mammogram. In an effort to ease the anxiety some women face, McFarland Clinic now provides a comfortable addition to the mammography device that dramatically decreases the discomfort some women feel in the mammogram procedure.

The McFarland Clinic Breast Center attaches a foam cushion, called the Women's Touch MammoPad, to the compression plates of the mammography device providing a softer, warmer mammogram experience for the patient. By making the mammogram more comfortable and tolerable, McFarland Clinic hopes to encourage women to comply with the recommendations for regular screenings.

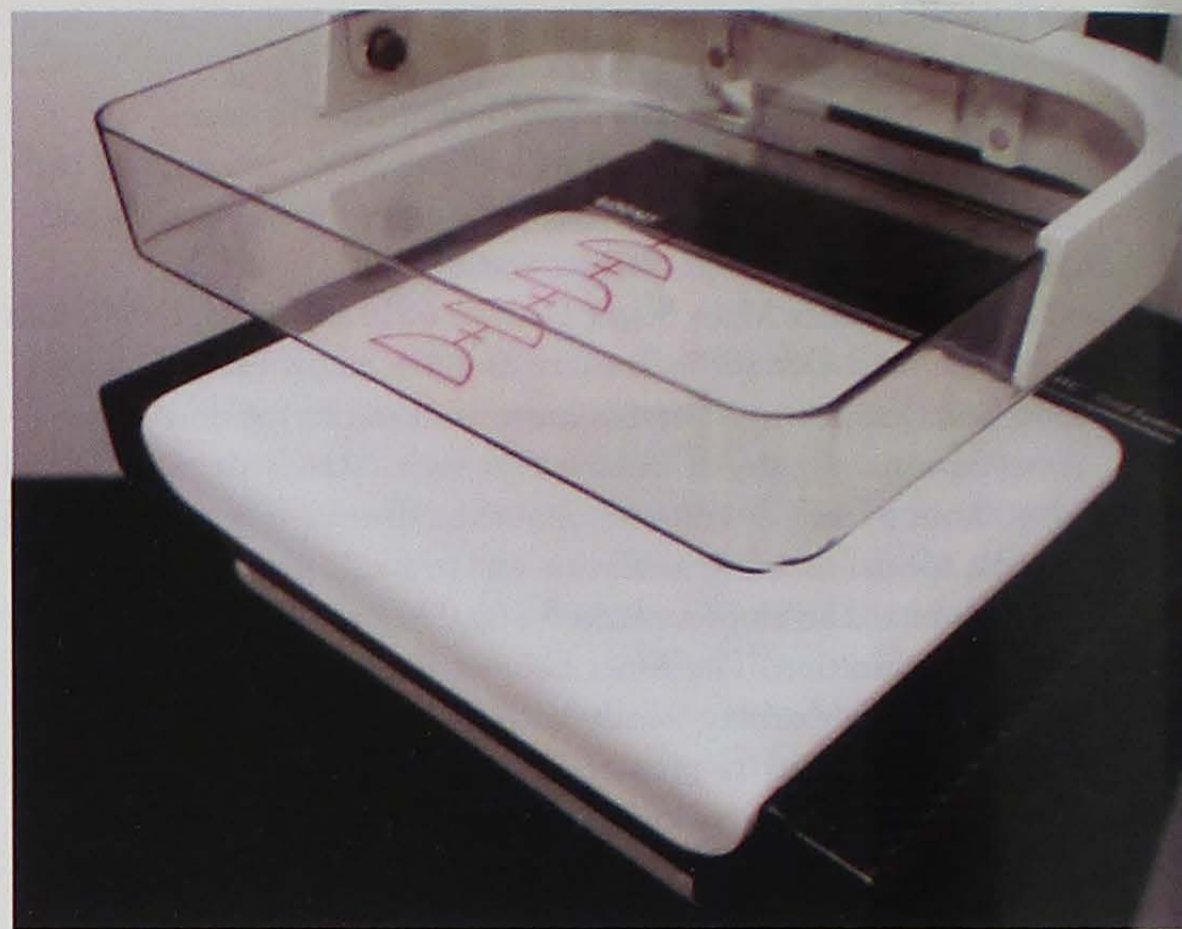
The single-use, adhesive-backed foam cushion was developed by Stanford University breast surgeon Gale Lebovic, M.D., who understood mammography discomfort from both a physician and patient's point of view. The recyclable breast cushion is invisible to X-rays and does not interfere with the image quality of the mammogram.

"The discomfort many women feel during mammography compression is widely known to be a reason that some do not get regular screenings," said Julie Rod, The clinic's mammography department supervisor. In addition to compression, the cold surfaces and hard edges of the mammography device make the experience uncomfortable for some patients.

"The breast cushion answers these complaints," Rod said. "The MammoPad provides a soft, warm cushion for the breast during the mammography."

McFarland Clinic has been using the MammoPad for one month. It is available at the Breast Center in Ames and all of their satellite offices.

Rod said she has already seen a dramatic difference in the way women now handle the procedure. Women are more relaxed during the exam and it makes it easier for the clinic's staff to get the best possible image of the breast.



"At McFarland Clinic, we strive to create the best possible experience for our patients," Rod said. "We are pleased to offer this comfortable enhancement to our patients."

The American Cancer Society reports women can greatly reduce their risk of death from breast cancer if they receive regular mammographic screens. For this reason, both the society and the American College of Radiology recommend that women 40 and older receive mammograms yearly.

Rod said there is a one in eight chance a woman may develop breast cancer. Without a regularly scheduled mammogram, there is no other visible way to view the breast tissue. Mammogram screenings identify lumps in a woman's breast two to three years before she can even feel it in a self breast exam. The mammogram exam is the only scientifically proven way to reduce breast cancer mortality.

"Mammograms provide early detection that can make a life-threatening disease visible," Rod said. "I am pleased the soft cushion of the MammoPad removes a major barrier to women who are receiving this important procedure."

If you are due for your mammogram, don't wait to schedule your appointment. It could be the appointment that saves your life. ♦

McFarland Clinic Breast Center
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hue & cry

Hue and cry:

Any loud clamor or protest intended to incite others to action.



Small schools, big results

By Heidi Marttila-Losure

When I graduated from a rural South Dakota high school as one of 16 who walked across the gymnasium to receive a diploma that spring, I was a little concerned about how I would do beyond the walls of Frederick High. I had done well enough there—well enough to grab a few scholarships, in fact—but was I really prepared to succeed in college that fall? Would I start off already a lap behind my big-city peers?

Many people have the same doubts about the graduates of small schools. The thinking of many educational decision makers these days when considering school size is that bigger is better.

The Des Moines Register has written frequently about the “crying need to consolidate school districts” on its editorial page. “In high schools with few students, it’s tough to offer the range of opportunities that prepare students for college or work in the 21st century,” it reads May 30.

Even more persuasive in these days of school budget cuts is the argument that bigger is cheaper. Large schools, the thinking goes, are more efficient and therefore can offer more to students for less.

Too bad a careful look at the situation doesn’t support these claims.

In nearly every category where small schools and large schools have been compared in

studies (a 1996-97 U.S. Department of Education report on violence in schools is one example), small schools come out more favorably. School violence? Small schools have far fewer problems. Graduation rates? A greater proportion of students graduate from small schools. Participation in extracurriculars? Rural students take part in more activities.

And cost?

Surprisingly, even there small schools come out ahead when taking a long-term view. In a 1995-96 study of 128 high schools, researchers at New York University’s Institute for Education and Social policy found that while small schools spend more per pupil than large schools, their cost per graduate was actually lower. Why? Because they had fewer dropouts. The money spent on students in rural schools was more likely to yield a diploma.

Urban schools have taken note of these findings. While small schools are being urged to consolidate, large schools are making efforts to divide. “Schools within a school” are becoming increasingly popular as large schools try to capture some of the advantages that small schools provide.

But what about achievement? Are the students from rural high schools really prepared to work in a global economy?

Well, first, it can be argued that focusing doggedly on “the global economy” prepares students to work everywhere on the

globe—except in their hometowns. Skills for enhancing local economies—those of entrepreneurship, community development, land stewardship, and so on—don’t get much of the teaching time these days. But that’s a topic for another day.

Students from rural schools can, and do, step into roles in the wider world, and there is no reason they won’t do as well as their counterparts from larger schools.

I learned that soon after moving into my dorm room at Concordia College. My assigned roommate, Jenna, was from Stillwater, Minn.—about as big a contrast as from Frederick as I could imagine. But despite the difference in backgrounds, we had a lot in common (not surprising, since Concordia tries to make sure roommate matches are compatible). We were at college on the same scholarship. We had both spoken at our high school graduations. We were both interested in journalism and had worked on high school publications.

I could see the advantages that a large school had provided Jenna when we took some of the same classes. I had not read the “The Odyssey” in high school, for example; she gave me a quick crash course in Greek mythology when I looked lost in our philosophy class.

But the advantages I had gained from my small-school experience became apparent as well. I had a great math teacher in high school who encouraged

me not only to take the toughest courses he offered but also to join the math team; consequently, I could help Jenna with her algebra. Neither Jenna nor I were all that athletically inclined; at Stillwater, that meant Jenna hadn’t even considered sports. But since there weren’t too many others to pick from to play on our Frederick’s girls basketball team, I played all through high school. I learned valuable lessons about teamwork and mental discipline during those years.

Granted, the one-room-school model doesn’t suffice today, and I benefited directly from a group of forward-thinkers at Frederick High. We did not have a Spanish teacher, but through a telecommunications system, I was able to take Spanish from a teacher in a rural district 50 miles away. Other courses also were offered this way. Solutions that bring more opportunities to students, rather than take students out of their communities, can help small schools have the best of both worlds.

This rural school graduate is doing just fine in a 21st century world; with a little imagination from policy makers, our small schools can, too. ♦

Is “merger mania” coming soon to a schoolhouse near you? Check out these Web sites: the Center for Rural Affairs (www.cfra.org) and the Small Schools Project (www.smallschoolsproject.org).



facets Faces

meet the
women
of Ames

